



WEIGHT TRAINING



Weight Training
36.05400

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Course Description: Introduces weight training; emphasizes strength development training and proper lifting techniques; includes fitness concepts for developing healthy lifetime habits based on the *American College of Sport Medicine Guidelines* for fitness and conditioning.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PEWT.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Demonstrates proper spotting techniques for lifts and exercises as needed.
- b. Identifies and applies principles of biomechanics necessary for the safe and successful performance of upper and lower body lifts.
- c. Demonstrates proper biomechanics for use of free weights and resistance machines.
- d. Demonstrates independent learning of movement skills and patterns for speed and agility.
- e. Demonstrates proper posture, form, and flexibility in weight training.

Movement Concepts and Principles

PEWT.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Observes the lifting technique of another student.
- b. Observes another student performing a plyometric exercise.
- c. Identifies muscles used for upper and lower body lifts.
- d. Identifies safety equipment required for participation in weight training.
- e. Meets increasingly higher levels of strength and endurance.
- f. Identifies various exercises to enhance the development of muscle groups.
- g. Charts progress in a variety of upper and lower body lifts.
- h. Recognizes importance of a variety of sets, repetitions, and work-loads.
- i. Performs a variety of upper and lower body lifts or exercises for muscular development.
- j. Exhibits understanding of terminology associated with weight training.

Fitness

PEWT.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Designs and implements a strength and conditioning plan that supports a healthy life style.
- b. Creates a fitness plan for life changes.
- c. Establishes goals for skill-based strength training and conditioning by using progressive variations.
- d. Applies specificity, overload, and progression to increase the intensity of the workout.
- e. Participates in the Georgia criterion-referenced, health-related fitness assessment with teacher supervision and guidance.
- f. Evaluates current fitness scores on the Georgia Fitness Assessment.
- g. Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
- h. Analyzes the relationship between physical activity and longevity.

- i. Evaluates the relationship between exercise (fitness) and nutrition (activity progression log).
- j. Explains the effect exercise has on metabolism.
- k. Performs skills correctly during strength training conditioning and health related fitness.
- l. Improves performance for long term personal development and health.

Personal and Social Behavior, Rules, Safety, and Etiquette

PEWT.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Displays the ability to follow rules, procedures, and routines appropriate in the weight training setting.
- b. Exhibits the ability to demonstrate safe and responsible behavior.
- c. Identifies the difference between encouraging and discouraging progression while training.
- d. Demonstrates the ability to apply the rules and etiquette of various weight training activities.

PEWT.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Explains why participation in weight training is enjoyable and desirable either alone or in a group.
- b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

